

What is claimed is:

1. A composition for preventing or treating eyestrain, comprises dry powdered extract from medicinal herbs, or a mixture of medicinal herbs, vitamins and minerals, or a mixture of medicinal herbs, vitamins, minerals and liver of sheep, and Carrot root.
2. The composition for preventing or treating eyestrain according to claim 1, wherein said medicinal herbs comprising 11-21 weight% of root of Adhesive rehmannia; 5-11 weight% of fruit of Asiatic cornelian cherry; 5-11 weight% of rhizome of Common yam; 5-11 weight% of Noble dendrobium herb; 5-11 weight% of fruit of Chinese magnolia vine; 5-11 weight% of Ginseng root; 1-5 weight% of fruit of Glossy privet; 3-7 weight% of seed of Feather cockscomb; 3-7 weight% of rhizome of Chuanxiong; 3-7 weight% of fruit of Barbary wolfberry; 3-7 weight% of Indian bread; 1-5 weight% of flower of Florists chrysanthemum; 3-7 weight% of seed of Chinese dodder; 1-5 weight% of flower of Pale butterfly bush; 3-7 weight% of seed of Flatstem mikvetch; 3-7 weight% of seed of sickle senna.
3. The composition for preventing or treating eyestrain

according to claim 1, wherein said vitamin is a member selected from the group consisting of vitamin A, vitamin D3, vitamin C, vitamin E, vitamin B12 and a combination thereof.

4. The composition for preventing or treating eyestrain according to claim 1, wherein said mineral is a member selected from the group consisting of Calcium, Iron, Zinc and a combination thereof.

5. The composition for preventing or treating eyestrain according to claim 1, wherein said liver of sheep is dry powdered liver of *Capra hircus* L. or *Ovis aries* L. thereof.

6. The composition for preventing or treating eyestrain according to claim 1, wherein said Carrot root is ripe and mashed Carrot root.

7. The composition for preventing or treating eyestrain according to claim 1, wherein said mixture is above compositions combined in the ratio.

8. A process for producing a composition for preventing or treating eyestrain, including dry powdered extract from medicinal herbs, or a mixture of medicinal herbs, vitamins, and minerals, or a mixture of medicinal herbs, vitamins, minerals and liver of sheep, and Carrot root, said process

comprising the steps of preparing them.

9. The process for producing a composition for preventing or treating eyestrain according to claim 8, Further comprising the step of preparing fine powder A* of Ginseng root, said the step including washing and cutting Ginseng root into slices, drying it in 48-60 degree centigrade, smashing dried Ginseng root slices and making it pass 100 mesh.

10. The process for producing a composition for preventing or treating eyestrain according to claim 8, further comprising the step of preparing condensed liquid B*, said the step including smashing other material except Ginseng root into thick powder, mixing them in the ratio, putting water to soak the mixed thick powder about 6-12 hours, decocting them and keeping slight boiling about 30-50 minutes, filtering the decocted liquid to obtain two parts: filtered liquid 1 and residue, continuing to decoct and filter residue two times as before, merging three times filtered liquid and letting it rest about 6-12 hours, taking upper limpid liquid to condense to definite concentration.

11. The process for producing a composition for

preventing or treating eyestrain according to claim 8,
further comprising the step of preparing medicinal powder
C*, said the step including using apparatus of spraying
drying, absorb extracted condensed liquid B* to a spray head
by passing through pipe and flow capacity meter, the
condensed air of entering the spray head (3-6 Kg/Cm square)
increase speed by using centrifugal force via eddy current
apparatus from the spray head and the condensed liquid B* be
sprayed into drying room with mixing heated air current to
proceed heat exchange, collecting dried fine powder from the
cloth bag and collecting pail.

12. The process of producing a composition for
preventing or treating eyestrain according to claim 8,
further comprising the step of another preparing medicinal
powder C*, said the step including keeping to condense
condensed liquid B* to be dry, then smashing them and making
them pass 100 mesh.

13. The process of producing a composition for
preventing or treating eyestrain according to claim 8,
further comprising the step of preparing the mixed powder
HM*, said the step including merging Ginseng root fine

powder A* and medicinal powder C*, mixing them well.

14. The process of producing a composition for preventing or treating eyestrain according to claim 8, further comprising the step of preparing the capsule HM*, said the step including putting the mixed powder HM* in capsules.

15. The process of producing a composition for preventing or treating eyestrain according to claim 8, further comprising the step of preparing the capsule HV*, said the step including merging the mixed powder HM* and the powder of vitamins and minerals comprising vitamin A, vitamin D3, vitamin C, vitamin E, vitamin B12, Calcium, Iron and Zinc, mixing them well, putting them in capsules.

16. The process of producing a composition for preventing or treating eyestrain according to claim 8, further comprising the step of preparing the mixture TJ* as eye health food additive, said the step including merging the HV*, D* and E*, mixing them well.

17. The process of producing a composition for preventing or treating eyestrain according to claim 16, further comprising the step of preparing the mashed Carrot

root D*, said the step including cleaning fresh Carrot root, and steaming it to be ripe, and then mashing it.

18. The process of producing a composition for preventing or treating eyestrain according to claim 16, further comprising the step of preparing the powder of liver of sheep E*, said the step including eliminating tendon of fresh liver of sheep, grinding cleaned liver of sheep, steaming it to be ripe, and drying it in 48-60 degree centigrade, smashing dried liver of sheep, letting it pass 60 mesh.